

SECTION XIII.DHYANA YOGA,
OK
THE YOGA OF MEDITATION.

SHRI BHAGAVAN said :

1. Let the Yogi constantly engage himself in Yoga,
remaining in a secret place by himself, with thought and
Self subdued, freed from hope and greed.—(vi. 10.)
2. In a pure place, established on a fixed seat of his
own, neither very much raised nor very low, made of a
cloth, a black antelope skin and kusha grass, one over the
other.—(vi. 11.)
3. There, having made Manas one-pointed, with thought
and the functions of the senses subdued, steady on his
seat, he should practise Yoga for the purification of the
Self,—(vi. 12.)
4. Holding the body, head and neck erect, immovably
steady, looking fixedly at the point of the nose, with un-
wandering gaze,—(vi. 13.)
5. Having external contacts excluded, and with gaze
fixed between the eyebrows; having made the outgoing'
and incoming breaths equal, moving within the nostrils,—
(v. 27.)
6. The Self serene, fearless, firm in the vow of Brahma-
chari, Manas controlled, thinking on Me, harmonized, let
him sit aspiring after Me.—(vi. 14.)
7. With senses, Manas and Buddhi ever controlled,
solely pursuing liberation, the Muni, having for ever cast
away desire, fear and passion, he verily is liberated.—
<v. 28.)
- 8* That in which the mind finds rest, quieted by the
practice of Yoga, that in which he, seeing the
Self by the

Self in the **Self**, is satisfied;—(vi. 20.)